



My Roadmap

INTEGRATED INTERN TRAINING PLAN



Washington DC VA Medical Center
Predoctoral Internship Training
Program

Intern: _____
Training Plan Lead: _____
Rotation: _____

Welcome



Our psychology training programs are made up of individuals from different backgrounds, with a wide variety of characteristics and experiences who bring unique ideas to everything that we do. However, one very powerful thing that all of us have in common, is that we can make a difference in the world. We do this through our passion, our values, and our vision for the future. For this reason, we put diversity and inclusion at the center of our message. It is our belief that inclusion opens a broader view as we work to find solutions for the benefit of the Veterans with whom we serve and adapt to a changing climate. By allowing trainees to expand their horizons, we give them permission to do even what they thought might not be possible. We want to inspire trainees, not just to be good at what they do today, but to think about how they can develop and improve clinical, research and systems processes for the future. Who we are, where we come from, and the culmination of our experiences guide our thought and drive our passion.

What I bring to my experience



So that I may achieve the most out of my training year, I will work with my training director, training plan lead, and supervisors to map my unique goals, interests, and passion for what I do onto the Washington DC VA Medical Center Psychology Predoctoral Internship Training Program goals.

I know that as my training progresses, my goals and interests might change and evolve, and that this is okay, as well as recognized as part of the normal process of growth and development as an intern.

Training Program Goals



The **five core goals** of the training program are:

- 1) To help interns develop their skills in psychotherapy
- 2) To help interns develop their knowledge of psychological assessment
- 3) To encourage interns to use professional and research literature in their professional practice and to use evidence-based practice
- 4) To help interns develop consultative skills
- 5) To help interns develop their knowledge of administrative and professional issues

Components of my training experience



My training year is comprised of three 4-month rotation periods. Each of these rotation periods include these major components (hours listed are approximate per week). While our expectation is that you will be able to meet requirements of internship within a 40-hour work week, there may be weeks where you spend slightly more time with us.

**Major Rotation or
2 Minor Rotations**

1

*25 hours
(including lunch time)*

**Long Term
Therapy
Experiences**

2

5-6 hours

**Comprehensive
Assessment
Component**

3

2-3 hours (averaged)

**Groups outside
Rotations** *(Problem
Solving and Living
beyond Depression)*
0-3 hours

4

Didactics

5

3-6 hours (average = 4)

**Optional Elective
Experiences**

Time as determined

My Vision Statement: What I would like to achieve during my training year *(How would I like to grow? What skills would I like to master? What am I passionate about?)*



I would like....

Strengths I bring to my current experiences



Strengths I bring include...

Less developed areas I want to focus on in my current experiences



Areas I would like to develop include...

Special needs I have and/or additional experiences I want



Special needs I would like to have considered include...

Additional training experiences I would like to have include...

Outline of activities for my training year



Rotation 1: (example) Trauma Services

Rotation 2: (example) Health Psychology (tentative)

Rotation 3: (example) ½ PC-MHI and ½ SARP (tentative)

** it is expected that rotation selections for rotation 2 & 3 are finalized at least 6 weeks prior to the start of that rotation*

Long term therapy experience: (example) CPT enrichment activity

Comprehensive assessment: (example) I am choosing to do two integrated reports as part of my trauma services rotation with a supervisor on the PTSD clinical team. I will continue to discuss with my training plan lead how I will complete the remainder of this requirement as I approach my second rotation

Groups outside rotations: (example) Problem Solving group during first rotation and Living Beyond Depression group during third rotation.

Optional elective experiences: (example) During my second rotation, I would like to co-facilitate the Trauma Recovery and Empowerment (TREM) Group as additional trauma related experience. I have spoken with the supervising psychologist and she is in concurrence with this plan.

We know plans change as interns gain experiences and training goals evolve and develop. This outline simply serves as a guide for you and others involved in your training as you move forward during the year with us.

1. Current Rotation Experiences



Specific activities with corresponding time allotment include:

- *(example) Maintain a caseload of 4 individual therapy patients (4 hours)*
- *(example) Facilitate two psychotherapy groups (2 hours)*
- *(example) conduct two weekly intakes (2 hours)*
- *(example) Program development work with clinic lead (1 hour)*
- *(example) Preparation and note writing for all clinical work (3 hours)*
- *(example) Supervision (1.5 hours)*
- *(example) Supervision of interns or practicum students (1 hour)*
- *(example) Attend weekly interdisciplinary treatment team meeting (1 hour)...*

My supervisor(s):

2. Current Long Term Therapy Experience



Specific activities with corresponding time allotment include:

- *(example) Maintain a caseload of 3 CPT therapy patients (3 hours)*
- *(example) Preparation and note writing for all clinical work (1 hour)*
- *(example) Supervision (1 hour)*
- *(example) Consultation (1 hour)...*

My supervisor(s):

3. Comprehensive Assessment Component



Specific activities with corresponding time allotment include:

- *(example) Conduct a comprehensive assessment with a patient who exhibits...*

My supervisor(s):

4. Groups Outside Rotations



Specific activities with corresponding time allotment include:

- *(example) Facilitating the Problem Solving Group (1 hour)*
- *(example) Preparation and note writing for all clinical work (1 hour)*
- *(example) Supervision (30 minutes)*

My supervisor(s):

5. Didactics



Specific activities with corresponding time allotment include:

- *(example) General Intern Didactics (2 hours)*
- *(example) Health Psychology Seminar Series (1 hour)*
- *(example) Journal Club (1 hour one time per month)*
- *(example) Professional Development Series (1 hour one time per month)*
- *(example) ethics and diversity chat (1 hour once per month)*
- *(example) meeting with the training director (1 hour once to twice per month)...*

6. Optional Experiences I Would Like to Have



Specific activities with corresponding time allotment include:

- *(example) Additional long term therapy patient from previous rotation (1 hour) ...*
- *(example) ongoing mentorship with psychologist (30 minutes) ...*
- *(example) participation in medical center committee (1 hour once per month)*

Summary of what I have done thus far during my training year



Rotation Period 1:

- *(example) rotation in Health Psychology*
- *(example) completed 2 comprehensive assessments toward requirement*
- *(example) continuing with CPT enrichment activity*
- *(example) completed Problem Solving group*

Rotation Period 2:

- *(example) minor rotation in Primary Care – Mental Health Integration*
- *(example) minor rotation in Polytrauma*
- *(example) completed 2 comprehensive assessments toward requirement*
- *(example) continuing with CPT enrichment activity*
- *(example) completed Living beyond Depression group*

Moving Forward: What I learned and how I've grown



Since the beginning of my training year, I have learned... (example) to challenge myself; to push myself to learn new interventions such as CPT that required a steep learning curve but are incredibly rewarding...

(example – how I've grown) I have become more confident in my abilities and have learned to better trust my intuition in complicated clinical situations. I have learned that my career trajectory is not always linear and straightforward, that few peoples' are, and that this can be the most exciting part of the journey.

Our Commitment



We believe in the importance of designing a program that invites and encourages professional richness alongside personal authenticity. Each of us has the ability to shape our future through our unique strengths, talents, and passion; and to work to incorporate our guiding principles into the formulation of our individualized training plan.

If you think that we as a training program ever fall short of giving you every opportunity to achieve this level of synergy, please bring this to our attention so that we may make improvements.

*Slavomir L. Zapata, Ph.D.
Director, Psychology Training Programs*